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Christmas In Kentucky

By BARBARA DEWELL

DOWN in the Smokey mountains in Tennessee, live a group of people who know very little of the outside world, and who, up within the last six or seven years, have been little known in the world. A good many of them still live in log cabins, cabins of only one room with a huge fire place as the only means of heat, and in a few instances the only means of light at night. The cabins are nearly all built along mountain streams; streams with countless rustic "foot-logs" or hanging bridges. These bridges are usually about one and one-half feet in width and perhaps have one hand rail, tho often none, and are all the way from 15 to 30 feet above the roaring stream below. These bridges are the only means of reaching the cabin from the road unless you ford the stream on horse back or in a buggy or Ford.

Picture if you can a rustic cabin with a background of high thickly forested mountains covered with snow or a heavy frost, with every tree and shrub glistening in the bright sunshine, and all along the way gorgeous holly trees, their red berries shining bright against the glossy, dark green leaves; spruce trees loaded with tiny cones and the mistletoe hanging high in the tops of the great oak and sycamore trees.

Step within the cabin and find three or four big double beds, piled high with feather beds, in one room. Perhaps a spinning or flax wheel will stand near the

open fire. Very picturesque you say, yes, but rather uncomfortable. If you only knew the cracks between the logs in the house are stuffed with mud and between each of the boards in the floor you will find wide cracks. There are probably no glass windows in the house, only an opening cut in the logs, which is generally boarded up in the winter time. Very often that one room has to suffice as a home for a family of from eight to twelve.

Imagine children from the ages of five to twenty trudging over rocky mountain trails, some of them five and some eight miles to attend the school that has been established in the "Berg."

This school, known to all for many miles around as the Settlement School was founded about 15 years ago by the national Pi Beta Phi fraternity. Members of the fraternity from every state in the union come to teach and the alumni clubs and active chapters all over the United States support it.

The Settlement School has saved the day for these people. It has not only helped them with their "book larnin'" but it has helped them in their home life. It has given them new and better things to think about, it has given them work and so more money with which to better their conditions.

About this time of year we begin to realize that it has given them something else too, something every American should, have "The Spirit of Christmas."

While these people have always been very religious and have known of the story of Christ, until the Settlement School was established they knew absolutely nothing of the religious idea of Christmas. They had never had family dinners nor ever had a Christmas tree at home. Think of it! What would we do without the memories of our first Christmas trees, of Santa Claus, of the joy of finding our stockings crammed to the top Christmas morning? What would Christmas be like without that feeling of Good Will and Good Cheer that is always manifested?

Those first Christmases, in the Settlement School were pretty discouraging. Entertainments were planned and the parents invited. They came, yes, and the stories and songs were listened to in silence, but such silence. Not once was an applause given not a smile on any of the faces over the plays and songs and dialogues. Even when it came to the most important event of the evening, the unveiling of the Christmas tree, not a sign of pleasure was given. No "Ohs" or "Ahs" were heard, simply silence. The gifts were handed out, the children took them saying nothing and when the entertainment was over they quietly left for home.

However, times have changed now and a finer Christmas could not be found anywhere in the United States. Last year, (Continued on page 14)

Some of the Whys of Eggs, Milk and Cheese

By JOSEPHINE McMULLEN

WHY do the whites of eggs beat up more lightly than the yolks? Why does a black ring sometimes form around the yolk of a hard cooked egg? What causes the film on the top of heated milk? Why is cheese sometimes ropy and tough when cooked? And on and on—dozens of questions about every day occurrences usually explained by, "It does because it does." The true explanations are simple and interesting in the light they throw upon cooking processes.

The question of the food value of eggs has long ceased to be debatable. The fat, protein and mineral content as shown in the accompanying table is very valuable and the ease and completeness of digestion gives them a high rating in invalid dietetics. Temperature and time of cooking have some effect upon the rate of digestion but do not materially affect the total digestibility.

At 82-93°C, an egg becomes delicately firm and tender; at 100°C, the white is firm but somewhat tough and the yolk mealy. With fat hot enough for frying, 120-200°C, both white and yolk are leathery, elude the teeth, and consequently are not well chewed.

Solubility of egg white is due to the protein, albumin, while the fat and different proteins of the yolk make it insoluble. Whole yolks covered with water will keep for several days or they may be hard cooked and used as salad garnishes. This

fat in the yolk reduces the air holding power of the yolk, preventing it from beating up as lightly as the white does, hence our extreme care in separating the yolk from the white.

In souffles, omelets, angel and sponge cakes, and meringues, the characteristic lightness is due to the incorporation of air by beating and the solidification of the protein wall by slow and even heat. Strictly fresh eggs are necessary since stored eggs lose water by evaporation and do not "stand up" when beaten. Acid in the form of cream of tartar or lemon juice keeps the protein of the egg tender during the long time required for baking angel or sponge cakes, and makes baking at a lower temperature possible.

Eggs help to bind the oil and vinegar together in mayonnaise dressing—and isn't it time and labor saving since we have learned to combine the egg, condiments, all of the acid and then add one-half tablespoon of oil for the first two minutes of vigorous beating to start the emulsification, so that the balance of the oil may be added one tablespoon at a time and the whole process finished in five minutes.

As for croquettes, eggs may be used to bind the material together, as well as for a coating which prevents the absorption of fat. In batters and doughs, they increase the power to hold fat and sugar, as in fruit cake, besides making it more tender.

Raw eggs are a fluid and mix with water and milk, but when heated with milk, coagulation of the protein takes place, thickening the mixture. This coagulum is soft and remains suspended throughout the liquid unless the mixture is overheated or cooked too long. In custards, it is the calcium salts of the milk in combination with the egg which causes thickening.

When eggs are expensive, starch is sometimes used as a means of thickening to supplement the eggs. Since starch while eggs should be cooked at a temperature below boiling, the starch should be cooked with the liquid before adding the egg. The egg should be only slightly beaten because the introduction of air lessens the power of coagulation.

Curdling in so-called boiled or soft custard may be prevented by (1) cooking at a low temperature surrounded by water below the boiling point, or (2) removing from heat when the mixture is at 83½°C and cooling immediately either by setting the pan in cold water, since cold water cools much more quickly than air; or pouring into another dish to prevent further cooking. Of course, entirely sweet milk must be used.

The precaution of plunging hard cooked eggs into cold water to cool quickly makes the shell come off more easily and helps prevent the blackening (precipitation of sulphur) which forms around the egg

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EXTENSION WORKERS' CONFERENCE

The thirteenth annual conference of Iowa's county agents, home demonstration agents, representatives from various counties, extension specialists and farm bureau representatives was held in Ames from October 7 to 10 with the Ames Extension Department as hostess.

The meetings started with a tour of the campus and a group picture on the steps of Central. On Wednesday Dr. Cessna, college chaplain, gave the invocation, followed by an address by President Pearson. J. K. Bliss spoke on agricultural problems. In the afternoon, Alfred Vivian, Dean of Agriculture at Ohio State University, and Dr. C. F. Warren, professor of agricultural economics and farm management at Cornell University, addressed the conference. On Thursday John Coverdale, former secretary of the American Farm Bureau Federation, spoke on "The Farm Bureau Looking Ahead", and Mrs. Clara Judson of the American Bond and Mortgage company of Chicago on "The Business Side of Homemaking". On Friday George E. Farrell of the United States Department of Agriculture spoke of the great future of extension work.

Along with attending to the business end of it, pleasant social events kept the guests busy every minute. The 4-H Club girls of the college entertained the home demonstration agents at a banquet at the Y. W. C. A. parlors on Tuesday evening. The big banquet was Wednesday night in Margaret hall. There were a lot of clever stunts and songs by the different delegations present and as a special feature a play, "The Trysting Place", was given by the cast which produced it at the State Fair this summer. On Thursday evening there was a banquet at "The Maples" for the home demonstration agents and specialists.

Saturday the entire group went in a body to the Kansas-Ames game and witnessed the dedication of the new stadium. Home Economics girls especially interested in extension work received great help and inspiration from this meeting of extension experts.

Christmas in Kentucky

(Continued from page 2)

a month before the Christmas holidays everyone was busy making plans. The "big" boys had their eyes "peeled" for THE tree, the little tots were busy making bright colored chains with which to trim it. Every evening after school the children practiced their plays and Christmas songs. The weaving classes were simply making their shuttles fly finishing up hand-woven gifts, towels, coverlets, luncheon sets, rag rugs and many other things. The classes in handicraft were bringing all kinds of pine and holly and mistletoe to class and gorgeous wreaths were being made. The sewing classes were busy making angel, brownie and snow-flake costumes, and some of the older girls got in on the making of a big, red, fur trimmed suit which they were very careful to keep from the eyes of the little folks. The cooking classes were learning how to roast chicken and turkey. Over at the teachers' cottage big boxes were arriving ever day from alumni clubs and active chapters, boxes filled with dolls, books, trains, candy, tops and every other conceivable gift.

The last few days of school before

Christmas finally arrived. Classes in the big High School room had to be discontinued for the boys were busy putting up the platform in the front of the room. The angels tried on their costumes for the last time and were asked to "please be sure to wash your hands with lots of soap and water before the program." There was such a contrast between their hands and the white of their angel wings!

Wreaths were hung in all the windows in the school building. The last evening was spent in decorating the tree, a huge pine, and at last everyone went home tired but anxious for the morrow.

People began to come Christmas morning at day break. The program began at 9:30 in the morning and the room was packed. Every family on Baskins and Mill creek, Roarin' Fork and every other creek was present for each one would receive a gift of some kind, a sack of candy and an orange.

At last everything was ready, the music began and the Three Wise Men appeared on the stage for their little pantomime. We teachers had to smile for one of the wisemen's beard had become slightly askew making his intended saintly appearance rather comical. Each did his part well and no one forget his lines so we were satisfied. The play went off very well. The angels were beautiful even tho some of them had forgotten to wash their hands! The parents were pleased, the children happy, and things could not have been better.

When the program was over Santa Claus came amid the ringing of many bells and the songs of the children. The curtain that hid the wonderful tree was drawn and the gifts were passed out. At last everything was over and the families all left for their homes.

First Unit in Foods

(Continued from page 7)

24. Appreciation of the privilege of helping mother.
25. Appreciation of how all members of the family may cooperate in the serving of the food at the table.
26. Consideration for others at the table.
27. Appreciation of wholesome happy family life.
28. Ability to contribute to the table conversation.
29. Sense of responsibility for taking part in table conversation.
30. Ability to use table appointments correctly.
31. Judgment in choice of topics for table conversation.
32. Habit of washing dishes properly.
33. Habit of keeping stoves, desks, towels and other individual equipment used in the laboratory clean and in order.
34. Appreciation of a clean and orderly laboratory.
35. Ability to clean sinks.
36. Ability to place foods in refrigerator in proper condition.

(Continued in the next issue)

Shirley Storm Dickinson, writes from Columbia, Missouri, where her husband is associate professor of agricultural education at the University of Missouri, that they are enjoying their new home—an eleven room house and a huge yard of gorgeous old elms. She also mentions Elizabeth Ann, 10 years, Sherman Storm, seven years, and the twins, Larry and Lenna Lou, four years old.